We Claim:

1. A valve drive mechanism, comprising:

a rocker arm that is mountable on a cylinder head and is pivotable about a pivot axis that extends transverse to the rocker arm;

a control unit that acts upon a first end of said rocker arm for actuating a poppet valve having a valve stem upon which a second end of said rocker arm acts;

a support pin that is connectable to a cylinder head, wherein said rocker arm is held on said support pin between said first and second ends of said rocker arm;

a bolt head disposed on said support pin on a side of said rocker arm remote from a cylinder head, wherein said bolt head serves for adjusting a bearing spacing between said rocker arm and a cylinder head for varying valve play; and

a rotation preventing element that cooperates with said bolt head, wherein said rotation preventing element is provided with an arresting portion that engages said bolt head, and a support portion that conveys an adjustment moment away.

2. A valve drive mechanism according to claim 1, wherein said support portion is supported against said support pin, said rocker arm, or said cylinder head.

3. A valve drive mechanism according to claim 1, wherein said rotation preventing element is a spring element, the arresting portion of which rests resiliently against an arresting surface of said bolt head.

4. A valve drive mechanism according to claim 3, wherein said spring element is a spring clip of spring wire and wherein said spring wire has a circular cross-sectional configuration or a multi-sided, especially right angled, cross-sectional configuration.

5. A valve drive mechanism according to claim 3, wherein an interlocking connection is formed between said arresting portion of said rotation preventing element and said arresting surface of said bolt head.

6. A valve drive mechanism according to claim 1, wherein said support pin is non-rotatably fixed in said cylinder head, and

wherein said bolt head is a nut that is threaded onto a shaft of said support pin.

7. A valve drive mechanism according to claim 1, wherein said rocker arm is a shaped part having lateral longitudinal walls, at least one of which forms said arresting portion.

8. A valve drive mechanism according to claim 7, wherein said rotation preventing element is effective between said longitudinal walls of said rocker arm.

9. A valve drive mechanism according to claim 7, wherein said bolt head is embodied as a multi-sided head and is disposed between said longitudinal walls of said rocker arm, wherein the greatest diameter of said multi-sided head, as measured from one corner to another thereof, is slightly greater than a distance between said two longitudinal walls as measured transverse to said rocker arm, and wherein at least one of said longitudinal walls, in a contact region thereof, is resiliently yieldable.

10. A valve drive mechanism according to claim 1, wherein said rotation preventing element spans said bolt head in a positively engaging manner.

11. A valve drive mechanism according to claim 10, wherein said rotation preventing element is placed axially upon said bolt head.

12. A valve drive mechanism according to claim 1, wherein said rotation preventing element is a spring clip that extends about said bolt head in a frictionally engaging manner.

13. A valve drive mechanism according to claim 1, wherein said rocker arm is provided with a ball socket in which a bearing portion of said support pin engages, and wherein said ball socket is pressed against said bearing portion in a frictionally engaging manner by means of a spring.

14. A valve drive mechanism according to claim 1, wherein bolt heads of rocker arms disposed next to one another are secured by means of a single rotation preventing element.